Because of the trauma of internalized racism (due to the residue of slavery) or how Eye like to refer to it, Spiritual Slavery. Some sought out relief from the pressure cooker of this

mental health issue from the supplement given us at the time: Crack cocaine. To me, crack cocaine landed in our communities right on time. Now, either there is a devil after African Americans or God is allowing these incidents to happen to get our attention. Eye mean come on Slavery then the crack epidemic. In my opinion internalized racism was the residue of slavery, because blacks looked at themselves and were so disappointed with what they had been given, and where they landed. Crack is a sign or a symptom of how deep the pain of slavery went. We (blacks) are still abusing ourselves because of slavery that happened to our ancestors. We are punishing ourselves subconsciously, for allowing this thing to happen to us. Crack cocaine is the pain of our ancestors crying through us. Because it is one thing to oppress someone in slavery put heavy work quotas on them, (which is not right either.) It is something totally different to oppress and torture. Because of the abuse blacks endured, their cry is coming beyond the grave: Crack Cocaine. This is still happening. If you have never smoked crack then maybe you will never feel on the level as those who have done crack feels. It's been some years since Eye have smoked crack and still eye have been summoned by God to write about the experience again. Now eye was a priest of the Lord in it.Think about someone who has never had any contact with God or experienced the Love of God for themselves that will not be able to be quickened to turn around because eye am headed in the opposite direction of the love of God? These are the people who are going to settle in crack smoking and continue to try and use it responsibly. They are those who smoke and " share" with their buddies or as they would say" put one in you." they look out for one another; they have their own little community. "Share and share alike" eye was getting accustomed to this way of using when the Lord freed me. So sorry for anyone eye owe one to.

Racism was the bi-product to some black people hating themselves. Could it be that they were not as strong as others who were able to process it and move beyond it in a fashionable manner? Eye don't think so, if there's anyone in their generation and era who had a justified reason to be affected by PTSD and depression it would have been them. However, mental health was not taken as seriously of an issue then as it is now. That however doesn't mean that because it wasn't recognized as a serious disorder at the time it occurred they didn't have a legitimate reason to be depressed. We have a real case for a group of people who may have suffered because of slavery and its residue passing itself down upon our ancestors. Slavery was real and it had real repercussions. And it is not to ask for any type of retribution. Eye am writing this. Just wanting to shine some light upon what and where some of our current mental health issues have come from. Because if we do not address the root of an issue is the issue really ever resolved? Is there really any type of healing that comes from matters that have not been addressed properly and treated with the correct type of therapy? If your mental health is a spiritual matter of the physical suffering your ancestors and parents suffered, and then were passed down to you and me. We need to address it as such, and begin to address the matters that they resorted to cocaine for; but now you and me we don't want the supplement those who came before us chose to treat and tolerate the intolerable with. (Cocaine) Is there anything else that can help or treat mental health by ways of slavery passed down to us by way of our ancestors? I know for myself where and how I received healing from internalized racism is by being in close quarters with King Jesus practicing forgiveness, and supping at the communion element table. (for those who are Christian) By Tyler Mitchell To God be the glory!